

Food and Nutrition Policy

Rationale

MIT Children's Education Centre promotes the health and wellbeing of children through sound nutrition and eating practises. We consider that healthy food and beverage choices can enhance educational outcomes for children. We promote and support the benefits of breast feeding.

Te Whāriki

Well-being – Goal 1: Children experience an environment where their health is promoted.

Procedures

- MIT Children's Education Centre employs a chef to prepare and serve nutritional meals on the premises each day.
- All meals and snacks served meet the recommendations of the Ministry of Health's Food and Nutrition guidelines and includes servings from the four main food groups.
- The menu rotates on a four week basis. Changes to the menu are recorded in a daily food diary. A copy of the menus are available for parents.
- Activities focusing on food and nutrition will be incorporated into the Centre's daily programme.
- Food allergies, intolerances and special dietary requirements will be the shared responsibility of the child's parent and centre. Medical documentation is required regarding allergies.
- All staff will be made aware of individual children's food allergies, intolerances and special dietary requirements. A visual guide including the child's photo and list of allergies, intolerances and special dietary requirements will be kept in the kitchen for reference. If a child's allergy has anaphylactic reaction to food, a management plan will be in place to ensure all staff know emergency protocols.
- To minimise choking incidents no child is left unattended while eating or drinking. Children must remain seated while eating. Food will be cut into small palatable servings.
- Staff will role model healthy eating during shared meal times together.
- Water is always available to children. The sharing of cups and bottles will be discouraged.
- Food celebrations will be considered positive and social events. When cakes and treats are provided at such celebrations a healthy alternative will be available.
- A comfortable nursing space is provided for mothers who choose to breastfeed. Named and dated expressed milk can be stored safely in the refrigerator or freezer

and heated in a container of hot water as required. Remaining breast milk must be discarded once it has been used and **must not be reheated** and served to baby.

- Infant formulas are provided by parents and clearly named. Parents will bring one bottle premade when dropping their child at the centre. The premade bottle may be stored at room temperature for no more than two hours or in the bottom half of the refrigerator at the back (2-4°C) for no more than four hours. **Never reheat warmed or used feeds.** Expiry dates of Formula cans will be noted.
- Children will be encouraged to try all foods. If food is refused, it will be offered later when the child is hungry.
- Mealtime rituals will be pleasurable and unhurried time together. 4 year old children will be encouraged to serve themselves.
- A blessing or karakia will be offered before every meal served.
- The kitchen is registered with the Auckland Council and verified under the National Programme 2 with the Ministry of Primary Industries and is to be renewed every two years. We follow these safe food handling and hygiene guidelines.

Links to:

- [Mealtime Expectations](#)

Reviewed: June 2019

Next Review Due: June 2021